

Echo Lake Sprint Distance Relay

Line Through = Disqualified

| Place | Name | Hometown | Type | Bib # | Time | Pace | Speed | Sex | Age | ID Number |
|-------|---------------------------|-------------|--------------|-------|--|-------|---------|-----|-----|-----------|
| 1 | CRIBRIT SPRINT RELAY | REGINA, Sas | SPRINT RELAY | 161 | 01:15:28.09 | 02:55 | 20.5kph | F | 59 | |
| | | | | | <i>Splits: Swim: 00:14:16.055 (00:14:16.055) Speed: 3.2kph Pace: 19:01</i> <i>T1: 00:01:26.950 (00:15:43.005) Speed: 4.1kph Pace: 14:29</i> <i>Bike: 00:38:23.212 (00:54:06.217) Speed: 31.3kph Pace: 01:55</i> <i>T2: 00:00:33.177 (00:54:39.394) Speed: 10.9kph Pace: 05:31</i> <i>Run: 00:20:48.700 (01:15:28.094) Speed: 14.4kph Pace: 04:09</i> | | | | | |
| 2 | THREE AMIGOS SPRINT RELAY | REGINA, Sas | SPRINT RELAY | 160 | 01:23:55.54 | 03:15 | 18.4kph | F | 33 | |
| | | | | | <i>Splits: Swim: 00:13:45.581 (00:13:45.581) Speed: 3.3kph Pace: 18:20</i> <i>T1: 00:00:43.399 (00:14:28.980) Speed: 8.3kph Pace: 07:13</i> <i>Bike: 00:44:08.017 (00:58:36.997) Speed: 27.2kph Pace: 02:12</i> <i>T2: 00:00:38.264 (00:59:15.261) Speed: 9.4kph Pace: 06:22</i> <i>Run: 00:24:40.286 (01:23:55.547) Speed: 12.2kph Pace: 04:56</i> | | | | | |